

## Fourth Grade: Lesson 12

### LIVING A HOLY LIFE

#### Lesson Objective:

These outcomes build upon the previous lesson to define what a virtue is and to explore the theological and cardinal virtues and the effect non-virtuous living has on the community. Children should be invited to discuss real-life situations and the effect that virtuous and non-virtuous behavior has on their friends and family. In addition, children should be reminded that God gives them the grace and strength to live a virtuous life.

#### Learning Outcomes: Students will ...

- Define virtue as a disposition to do good (CCC 1833).
- Define the theological virtues (faith, hope, and charity (CCC 1812-1829).
- Define the cardinal virtues (prudence, fortitude, justice, and temperance (CCC 1805-1809).
- Reading about the lives of saints and learning to call upon them for their intercession.

#### Materials Needed:

- Prayer space items, Bibles, pencils, crayons, cut-out hearts if you choose to do the activity,
- Copies needed: Coloring sheet (optional), Virtues Activity (Living a Virtuous Life), How to Pray the Rosary, The Communion of Saints Activity (you will need to decide what pages you would like to do)

#### As Students Enter Class:

- One idea is to have the three virtues coloring page ready for students to color as they wait for class to begin. [3 Virtues Coloring Page](#)



Theological Virtues of Faith, Hope & Charity (Love) - © TheCatholicKid.com

### Beginning of Class:

- Invite students to gather around your prayer space. Ask a student to select a traditional Catholic prayer to recite.
- Invite students to offer up prayer intentions for those they know who are in need.

Lesson Order	Implementation Ideas
Lesson 12 Video	<p>This video is 1:06 in length.</p> <p>Highlights: In our previous session, we learned about the Ten Commandments and why we follow God. We follow God:</p> <ul style="list-style-type: none"> <li>• Out of love</li> <li>• Out of obedience to God's will</li> <li>• Out of friendship with Jesus</li> </ul> <p>When you follow the Ten Commandments, you begin to live a virtuous life. And, when we are holy people, we can have a positive effect on everyone we meet.</p> <p>You have the free will to choose right and wrong in your behaviors. The good news is that God gives you the strength and grace to make good choices through the sacraments.</p> <p>The meaning of virtue is the disposition to do good; meaning in your heart and mind, you want to do the right things.</p> <p>The Catholic Church defines two types of virtues:</p> <ol style="list-style-type: none"> <li>1. Theological Virtues</li> <li>2. Cardinal Virtues</li> </ol> <div data-bbox="629 1402 1106 1812" style="background-color: #0070C0; color: white; padding: 10px; text-align: center;"> <p>Theological Virtues:  <b>Faith      Hope      Charity</b></p> </div>

# Cardinal Virtues: Prudence Fortitude Justice Temperance

What Are Virtues	<p>This video is 1:45 in length; but it ends at 1:38.</p> <p>Highlights: Narrated by a priest it begins with the word habits. Habits are things we do. Some things, like biting our nails, we shouldn't do, called vices. Other things are good habits and those are virtues.</p> <p>Holiness is not about spectacular actions. It's about the things you do every day. How you treat others, how you workshop God, how you take care of the talents God has given you.</p> <p>Since holiness is about the good habits we use every day, it is accessible to all of us! It is not one big great thing and then you're done.</p> <p>We can foster habits that help us do good:</p> <ul style="list-style-type: none"><li>• Be merciful</li><li>• Patient</li><li>• Attentive to the needs of others</li><li>• Attentive to God</li></ul> <p><b>STOP AND DISCUSS:</b></p> <p>What are some good habits that you have that are virtuous?</p> <p>Why are good habits important?</p>	

	<p>What does this statement mean: Holiness is about the good things you do every day, and does not have to be spectacular or amazing?</p>
<p>Cardinal and Theological Virtues Explained</p> <p>One suggestion is to stop the video after each virtue, give an example of an action or thought, and have students determine if it is an example of that virtue. Questions are also provided in the lesson plan.</p> <p>You could also do this after the video is completely finished.</p>	<p>This video is 5:55 in length, but really ends at 5:20.</p> <p>There are 7 habits that make up the cardinal and theological virtues. These virtues help us maintain a moral balance, live a happier life, and do better in our relationships with others and with God.</p> <p><b>Cardinal Virtues:</b> Virtues so important that everything else hinges on them. They are human virtues we learned from education and good actions. They teach us how to treat people and things in the right way.</p> <ul style="list-style-type: none"> <li>★ <u>Prudence</u>: Uses reason to figure out the true good in every situation and how to achieve it. Helps us apply judgement to our actions and bring them in line to what we know is morally right.</li> </ul> <p><b>STOP AND CHECK FOR UNDERSTANDING:</b></p> <p>Listen to these two examples and decide if one or both show prudence:</p> <p>You are taking a math test and you see other students are cheating. You decide, since they are cheating, so will you. Is this an example of prudence? (NO)</p> <p>You have been saving up to buy your mom a birthday gift. When you are at the store, you see a game that you want and it's on sale. However, you decide to save the money to buy your mom her gift. Is this an example of prudence? (YES)</p> <ul style="list-style-type: none"> <li>★ <u>Justice</u>: Allows us to give God and others their due (which means acknowledging the good they do for you). Helps us protect</li> </ul>

the rights of others and thank God for everything He has given us.

**STOP AND CHECK FOR UNDERSTANDING:**

Listen to these two examples and decide if one or both show justice:

Your dad worked with you to build a go-cart and taught you how to drive it. You entered a race and won! You thanked your dad and said you couldn't have won without his help. Is this an example of justice? (YES)

You have been praying to Jesus, asking Him to help you solve a problem at school. The problem was solved. You thanked Jesus for helping you. Is this an example of justice? (YES)

- ★ Fortitude: Gives us the strength to do good and avoid evil in the face of obstacles. It also helps us follow through on what we say we're going to do and stay firm in avoiding fear and temptation.

**STOP AND CHECK FOR UNDERSTANDING:**

Listen to these two examples and decide if one or both shows fortitude:

You told your younger sister you would help her with her homework after you finished your homework. However, you felt tired and decided to watch television instead. Is this an example of fortitude? (NO)

You have a science fair project to do for school. You researched ideas, decided to make a replica of our solar system, and worked on your project every day for a week. Does this show fortitude? (YES)

- ★ Temperance: Helps us control our desires for things and gives us power over our

instincts. Keep temperance in mind the next time you're tempted to go overboard

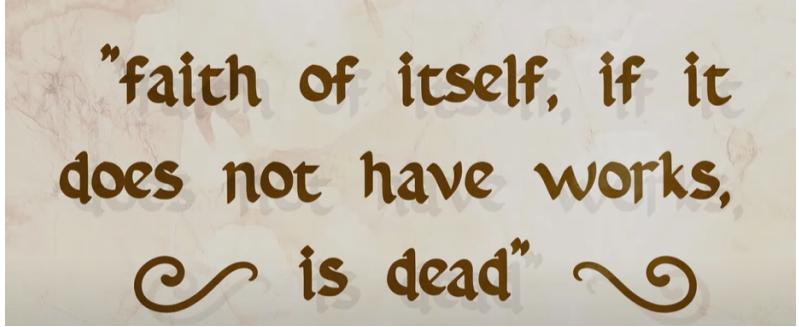
#### **STOP AND CHECK FOR UNDERSTANDING:**

It is Halloween and you received a lot of candy. Your parents said you can take two pieces in your lunch. You decided you wanted more and took eight. Is this an example of temperance? (NO)

You are shopping at Target with your mom. She asks if you have run out of any school supplies. You really want a cool notebook and folder that you saw. However, you don't really need it. You thank your mom and tell her you're all set. Is this an example of temperance? (YES)

**THEOLOGICAL VIRTUES:** Come from God and form us to be more like Him.

- ★ Faith: A gift that allows us to believe in God and commit ourselves to Him. Not always easy and we need to work at it. Faith needs us to act in hope and we have to nourish it.



**"faith of itself, if it does not have works, is dead"**

**DISCUSS THE MEANING OF THE WORD, WORKS.**

- ★ Hope: Helps us trust what God has promised us and builds a desire to be with Him in Heaven. Pray for hope when we feel discouraged. We also need to pray for others and believe the best is possible.

	<p>★ Love (also known as charity): St. Paul called this the greatest of the three virtues. This virtue is displayed when we love God more than anything else and we love our neighbors as ourselves. Sound familiar? It's the two greatest commandments we received from Jesus.</p> <p>There are lots of ways to put love into action. Start by asking: What can I do for others?</p>  <p>Fun idea! Have hearts cut out ahead of time and have students write out one way they can do something for someone else. Encourage students to take it home and follow through on their idea. Also encourage them to share the result at your next session.</p>
Timeline of 250 Catholic Saints and Blesseds	This video is 13:27 in length. It plays music while the saints and blesseds, along with what they are known for, move across the screen. If time is a concern, just play a few minutes of the video so students have an understanding of the many saints we do have.
Grow in Holiness by Reading the Bible:	<p>This video is 1:48 in length.</p> <p>Highlights: A priest shares his thoughts as to why the Bible is so important. He is nourished and helped by what he reads in the Bible.</p>

	<p>Although human people wrote the Bible, the words are inspired by God. The Bible contains stories about human feelings and conditions, such as pain, joy, and hunger. Each page expresses the closeness of God. In the New Testament, God shows Himself as being closer to us, through Christ. Remember, we don't have to take everything literally in the Bible.</p> <div data-bbox="633 572 1325 903" style="background-color: #0072BD; border-radius: 15px; padding: 10px; width: fit-content; margin: auto;">  <b>The Bible is the Word of God: it contains a message for you at this moment. If you open yourself to it, you can hear God speaking to you.</b> </div> <div data-bbox="1269 734 1405 882" style="border-radius: 50%; width: 80px; height: 80px; background-color: #0072BD; display: flex; align-items: center; justify-content: center; margin: 10px auto;">  </div> <p>One idea is to read a passage from the Bible and have a discussion about the literal and Biblical meaning. One suggestion is to read a parable, such as the Prodigal Son. The literal meaning assumes the father is not being fair to the son that stayed. However, Jesus was telling us that the prodigal son is a picture of <b>God's love for us as His children</b>. God's love for us does not depend on our faithfulness; it is unconditional. He loved us while we were still sinners. Though we are demanding and do not remain faithful, God is still our faithful and loving Father.</p>
Reflection and Intro into the Activities	<p>This video is 1:11 in length.</p> <p>Highlights: What sets the saints apart? What makes them holy? They all chose to follow Jesus and to live virtuously. We can call upon saints to help us live virtuously, too. Remember, that Mary, our Mother and Queen of Heaven is also a saint. We can pray to her to intercede on our behalf to Jesus. We can pray the Hail Mary and the Rosary.</p>

Living a Holy Life: Virtues Activity	This can be done individually or all together. Discuss each virtue and then decide on an answer; guide students to all write the same answer if you are doing it all together.
Pray the Rosary Instructional Handout	Review how to pray the rosary with your students. This can be sent home.
Pray the Rosary	You can play this video. If time is running out, consider praying one decade together.
The Communion of Saints Activity	Time permitting, decide what pages you would like students to work on. This activity will take more thought and class time to complete.